

# SPORTS & FITNESS

B SECTION

## On Post

### Youth Basketball, Cheerleading

Youth basketball and cheerleading registration is now underway, and ends Dec. 3 or when teams are full. Register for teams Monday through Friday from 8 a.m. to 6 p.m. at Child and Youth Services, Building 443. Registration is open and free to CYS members. Basketball is open to ages 5 through 18, and cheerleading is open to ages 6 through 13. Uniforms will be provided by CYS.

### Newman Consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling. For more information, call 767-2771.

### Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

### Sports USA Events

Weekly events — Monday Night Football, 4 p.m., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Friday, Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football/ NASCAR, open to 4 a.m., Sunday Ticket Football, NASCAR.

### Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

### Basketball

Intramural basketball season starts Dec. 6. Units should submit a memo to the Fort Stewart Sports Office Bldg. 471, and Hunter to Bldg. 925. Deadline is Nov. 22, 4 p.m. For more information call 767-8238 or 352-6749.

### Turkey Trot 5K Walk/Run

The 1st Annual Hunter AAF Turkey Trot 5K Walk/Run is scheduled for Saturday, 9 a.m. at Hanger 7901 (N. Lightning Rd next to the Coast Guard Air Station). Packet pick-up and registration begins Friday, at the 2/3 Aviation Battalion Headquarters, 4 to 7 p.m., or register early online at [www.active.com](http://www.active.com). Cost is \$15 prior to Nov. 19, \$20 on Race Day.

## Off Post

### PT Alert

Units can schedule a PT session with a YMCA aerobics or kick boxing instructor at either Fort Stewart or our Hinesville facility. There is no charge for this service.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-9366. Deadline is noon on Fridays.



Pfc. Ricardo Branch

Assassins Arnie Thomas runs the ball following a 25 yard catch in the Stewart/Hunter football championship game Nov. 8.

# Missing limbs don't stop Soldiers in NYC marathon

## Sgt. Lorie Jewell

Army News Service

NEW YORK CITY — One year from the day Capt. David Rozelle started learning to run on a prosthetic leg, he and a handful of other Soldiers who came home from Iraq with missing limbs left their mark in the New York City Marathon.

In the company of more than 37,500 participants, Rozelle ran — and, at times, walked — the 26.2-mile course Nov. 7 on a prosthetic decorated with the American flag. The marathon, he said, seemed an appropriate way to mark his anniversary.

“When you start a high intensity physical therapy program, you set goals for yourself,” Rozelle said. “Then you find yourself meeting and surpassing them, and setting new ones. This just seemed like a good one.”

A land mine explosion took Rozelle's right foot and part of his leg below the knee in June 2003 while he was commanding a 3rd Armored Cavalry Regiment troop in the western Iraq city of Hit. Now leading a cavalry headquarters troop at Fort Carson, Colo., Rozelle is preparing to redeploy to theater next year. In the meantime, he has dedicated himself to setting an example for other injured Soldiers by remaining active in sports. He's also written a book about his experience that is scheduled for release in March.

### Feeling the burn

He ran the Army Ten-Miler last month as a warm-up for the marathon, maintaining a 10 minute-mile pace for a race time of 1:38. Going into the marathon, Rozelle said he expected a “turtle pace” to carry him through. He crossed the finish line with a time of 6:46.

“At 13 miles, I felt like a million bucks,” Rozelle said. “Then between 14 and 16 miles, my body started to feel the trauma.”

Rozelle wore extra socks over his stump for a snug fit in the socket of his prosthetic, but had to stop several times to take them off and put them back on to compensate for swelling. A few days after the race, he was nursing a monster blister on his thigh.

Navy medic Jose Ramos, who lost part of his left arm to a rocket-propelled grenade while patrolling with Marines near Fallujah a couple of months ago, also ran the marathon as part of the Walter Reed Army Medical Center contingent. He finished in 6:23.

### Making it personal

Others competed on hand-crank bicycles, some adding personal flairs to the experience. Spc. Alex Leonard dyed his black hair blue on the top of his head and fashioned it into a Mohawk. The blue was for the infantry, the Mohawk for the 101st Airborne. Leonard was with the 101st when an artillery shell exploded next to the door of a Humvee he was driving near Mosul, Iraq, last year,

# Assassins win flag football championship

## Pfc. Ricardo Branch

Associate Editor

Less than a minute into the Fort Stewart and Hunter Army Airfield intramural flag football championship game, the undefeated A Battery, 1st Battalion, 9th Field Artillery Assassins scored the first touchdown against the undefeated 603rd Aviation Support Battalion Showstoppers.

From the first interception, to the final touchdown, the championship game was fiercely fought but eventually all games must have a victor and that title belonged to the Assassins as they went on to an upsetting 40-16 win to claim the Stewart/Hunter intramural championship title at the Stewart Sports Complex Nov. 8.

The game began with Assassins player Chauncey MacDonald catching a 20-yard interception and passing it to his teammate, Anthony White, who sprinted it in for a touchdown for his team.

Following White's performance, Assassins Arnie Thomas caught a 25-yard pass to bring in

another touchdown for the Assassins 16-0.

Another Assassin touchdown in the final minutes of the second quarter brought the score to 24-0, a substantial lead by that was hard to catch.

Showstoppers quarterback, Charles Joseph gave his team renewed hope as he threw a pair of touchdown passes to his teammates in the final half, but it wasn't enough to climb up the steep point lead made by the Assassins.

Each team fought hard to the bitter end, but before the whistle blew signaling the end of the championship game, the Assassins scored one final time ending the game with an outstanding 40-16 victory and earning them the title of Stewart/Hunter champions.

“We used many stunts in tonight's game,” said Jeffrey Mays Assassins player/coach. “Doing many criss-cross plays can confuse your opponents, which helped us win.”

He added, “We had a lot of speed, outstanding teamwork and many great players, who knew what they were doing and knew what it took to win.”



Sgt. Lorie Jewell

Capt. David Rozelle grabs a cup of water during the Brooklyn leg of the New York City Marathon. Rozelle, who lost his right foot in Iraq, and several other Soldiers with missing limbs completed the Nov. 7 race.

taking off his right leg. He clocked a time of 2:29 in the marathon.

1st Lt. Melissa Stockwell lost her left leg above the knee in April when an improvised explosive device hit her vehicle during a convoy she was commanding in Baghdad. She posted a sign on the back of her bicycle with a message to her Soldiers back in

Iraq: “B Co., 27th MSB, 1st Cav. Div. Come Home Safely.”

Her husband, 1st Lt. Dick Stockwell, also of the 1st Cavalry Division, showed his support by riding a hand-crank bicycle alongside his wife in the marathon. She finished in 2:55; he did it in 3:01.

See NYC, Page 2B

# Jenkins Karate School excels at tournament

## Keith Jenkins

Special to the Frontline

Karate students from Jenkins Karate School in Hinesville took top honors recently, demonstrating superior training and skill at the National Karate and Kung-fu Union 2004 Olympic Tournament in Savannah.

The NKKU tournament was held on Oct. 23 at Southwest Middle School in Savannah. A sanctioned National Karate and Kung-fu Union Olympic-style event, the competition included karate and kung fu students from seven schools from as far away as Miami, Fla., and Tennessee. More than 100 competitors of all belt levels and age groups competed in sparring, weapons demonstrations and demonstrating katas (formalized movement sets that are the basis of all martial arts).

Twelve students from Jenkins School, mostly children of active-duty military families stationed at Fort Stewart and Hunter Army Airfield, traveled together to the tournament

from the academy in Hinesville to the school just north of Richmond Hill. The students competed under the guidance of their instructors, Sensei (Teacher) Keith Jenkins Sr. and his wife, Instructor Monica Jenkins. The students and instructors competed from 10 a.m. to 7 p.m. that Saturday, earning 25 medals for themselves and their school. The Jenkins Karate Academy competitors were:

**Terrance Cannon (Black Belt Senior First Degree)**

**Briana Stutts (Deputy Black Belt)**

**Ben Butler (Red-striped Belt)**

**Anthony “AJ” Brown (Red Belt)**

**Vincent Moore (Purple Belt)**

**Natalya Coleman (Purple Belt)**

**Otis Johnson (Purple Belt)**

**Jadah Brown (Purple Belt)**

**Samantha Leath (Green Belt)**

**Evan Webster (Yellow Belt)**

**Nathan Wallace (Yellow Belt)**

**Jamal Baker (Yellow Belt)**

Jenkins Karate School, located on Hwy. 196

in Hinesville, is part of the TUMAA organization and was named for Grand Master Freddie Lee “Teach” Giddens. The school is a member of the Universal Martial Arts Association and is dedicated to the Shotokan school of karate, developed in Okinawa and imported to the United States after World War II by Army veterans who learned the art while stationed in Japan.

The Jenkins School demonstrated the quality of its training, as well as the dedication of its students, as the young martial artists showed not only their superior skills in virtually every phase of the day-long competition, but in maintaining decorum and team spirit throughout the lengthy program.

Among the highlights of the event was the performance of First Degree Black Belt Terrance Cannon, whose artful demonstration of “The Unknown” in kata competition, and use of difficult (and effective) techniques in sparring, had the entire audience gasping in surprise and delight.



# Scholarship golf tournament called success

## Spouses Club

News Release

The Fort Stewart Enlisted Spouses Club sponsored a golf tournament benefiting the Rita Ackerman scholarship fund Oct. 23 at the Cherokee Rose County Club.

Ackerman was an Army spouse who died of complications from surgery. The scholarship named in her honor is sponsored by the Enlisted Spouses Club and awarded annually to an Army spouse.

The winning golf team was Shawn Schumacker, Terry

Middleton, Blake Kennedy and Brian Wagner with a score 12 under par. Par for the Cherokee Rose golf course is 71.

The winning team received a trophy, a Buffalo's Cafe gift certificate and golf balls. Schumacker said the tournament was one of the best he'd participated in.

"It was a great tournament," he said. "I really enjoyed it." Twelve teams participated in the golf tournament.

Other golfers were also impressed with the golf tournament and the course conditions.

"The tournament was well organized," Mike Hazen said. "It was an opportunity for winning great prizes, a fun day for

golf and to support a great cause."

Fort Stewart Garrison Commander Col. John Kidd presented the Cherokee Rose Country Club with a certificate of appreciation. John Hummer and Ronnie Mobley were each presented with honorary memberships in the Enlisted Spouses Club.

Funds raised by the tournament will also be used to support the enlisted spouses club and organizations in both Fort Stewart and Liberty County.

Plans are in the works for another golf tournament in the spring.

## NYC

from page 1B

### Support from running group

The Achilles Track Club, a non-profit organization made up of athletes with varying challenges and ability levels, sponsored the Soldiers' involvement in the marathon. The club has a chapter at Walter Reed, headed by Mary Bryant, a cancer survivor and former model. "I'm doing more now than I ever did before getting injured," Stockwell said. "A lot of it is because of organizations like Achilles. I want to show that I can still get out there and do things."

For some, the course was much more difficult than they expected. It took them over five bridges and through the city's five boroughs, beginning in Staten Island and delivering them to Central Park. Beyond the finish line, they snacked on fruit cups, soup and warm drinks while nursing aching shoulders and arms.

Staff Sgt. Hilbert Caesar, 4th Battalion, 27th Infantry from Baumholder, Germany, was the first Soldier to cross the finish line. In a field of 83 hand-crank bicyclists, Caesar finished in 17th place with a time of 1:53.

"It was exactly what I thought it would be — challenging," said Caesar, who lost his right leg in April when an IED hit the howitzer he was riding in near the Baghdad airport. "The toughest part was the Verrazano and 59th street bridges. I just downshifted and kept going, psyching myself out and asking God to help me."

### Irony not lost

Capt. Lonnie Moore, voted most likely to wipe out or tumble off the side of a bridge, completed the race without a spill in 2:24. A rocket-propelled grenade tore through his Bradley in April while going through Ramadi, Iraq, taking off his right leg above the knee. Moore was with the 116th Infantry from Fort Riley, Kan.

A runner before the injury, Moore finds it ironic that he never attempted a marathon until now.

"It's kind of funny, having a serious injury like this and doing a marathon," he said. "It makes you realize what you missed out on before."

Moore has his sights set on playing recreational basketball and football again. He has no doubts he'll do it.

"I'm doing as much or more than ever before, and this is only six months out," Moore said. "It's not a bad life at all. In fact, it's pretty amazing."

### Flat tire, no problem

At least one Soldier had to deal with more challenges than having a missing leg. Staff Sgt. Dan Metzdorf, who lost his leg in January to a roadside bomb in south Baghdad, had a flat tire six miles from the finish line.

"I was not stopping," he said, grinning. "I decided to just ride the crap out of the rim."

Metzdorf, of the 82nd Airborne, wasn't aiming for a spectacular finish anyway.

"I'm just doing it to have fun, and to show the good news — hey, we got injured, but check us out. We're doing a marathon," said Metzdorf, who wrapped the race with a time of 2:15.

Staff Sgt. Joe Bowser was the second Soldier to finish, with a time of 2:06. A member of the 283rd Transportation Company, a Connecticut Reserve unit, Bowser's right leg was severed when a 122mm Chinese rocket hit his Balad, Iraq compound in April. He had just hung up

from a call home when it happened.

### No quitters

Bowser ran the Army Ten-Miler three times and had always thought about trying a marathon. He just never thought

he'd do one with one leg. It was harder than he anticipated, but giving up was never an option.

"If I can get my leg blown off and make it, this is nothing," Bowser said. "There are no quitters here."

The first eight miles of the course were a breeze for Staff Sgt. Christopher Cowing, who finished it in 2:31. The hardest part was near the end, when spectators were yelling that it was "all down hill from here."

"And then it looked like the road was climbing up into the clouds!" he said, grinning. "I just kept telling myself not to listen, not to look at the crowd. But then I saw some cheerleaders, they were so cute, so it was hard not to look."

Cowing, of the 5th Brigade Combat Team of the 1st Cavalry Division from Fort Hood, Texas, lost his leg in April when an IED exploded under his vehicle in southern Baghdad.

### Help from firefighter buddies

From the time they arrived in the Big Apple a few days before race day, the Soldiers were joined by about 80 New York City firefighters who volunteered to "buddy up" with them during their stay at the Soldiers, Sailors, Marines and Airmen club in midtown Manhattan.

Fire Chief Dan Daly, who coordinated the firefighter's involvement, said his guys connected right away with the Soldiers. Several called their stations,

asking for more time off to spend with the Soldiers.

"Because of our duties at Ground Zero, we feel a need to be here for these guys. They're still paying the price," Daly said. "It's really an honor and a privilege to be part of their welcoming committee."

Lt. John Gormley, who escorted a few of the Soldiers to the Army-Air Force football game Saturday with firefighter Paul Conrad, was grateful for the time he spent with them.

"I was talking to them about how they learned to walk again, and they made comments about how they're the lucky ones," said Gormley, a Navy Reserve pilot who served last year on the USS Constellation. "They are so tremendously selfless. I was just floored."

### Same time next year

Gormley hopes to see the Soldiers at next year's marathon. Cowing said he's game to do it again. Others weren't so sure.

"We'll see," Stockwell demurred.

Rozelle isn't sure he'll repeat it, either. He'll have to figure out a way to make his prosthetic fit better before he takes another shot. For now, he's looking forward to hitting the snowy slopes of Colorado.

Despite the pain, Rozelle and the others returned home knowing they accomplished an important mission. They didn't just run for themselves, but for those with fresh injuries and their comrades who won't be returning.

"I ran it for the Soldiers who couldn't," Rozelle said. "It really hit me about mile 25. I started thinking about all the Soldiers who are at Walter Reed and other hospitals, or those who have fallen. The last mile and a half became incredibly emotional for me. I remembered who I was representing."